GOVERNMENT OF INDIA
PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS
LOK SABHA

UNSTARRED QUESTION NO:1622
ANSWERED ON:04.05.2016
Stress Management
Muddahanumegowda Shri S.P.

Will the Minister of PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS be pleased to state:

(a) whether the Union Government proposes to kick-start stress-management and efficiency improvement classes for the Central Government employees;

(b) if so, the details thereof;

(c) whether this programme is designed for office staff including personal staff, middle level officers and senior staff members in the Government departments and PSUs and if so, the details thereof; and

(d) the expenditure likely to be incurred in this regard?

Answer

Minister of State in the Ministry of Personnel, Public Grievances and Pensions and Minister of State in the Prime Minister's Office. (DR. JITENDRA SINGH)
(a) to (d) The Lal Bahadur Shastri National Academy of Administration (LBSNAA) under the administrative control of Department of Personnel and Training, has in its training courses imparts mandatory physical activity, including Yoga, trekking etc. on regular basis. Similarly, the Institute of Secretarial Training and Management (ISTM) also under the administrative control of Department of Personnel and Training conducts specialized training programmes in Behavioral Skills like Stress Management, Organizational Behavior in Government, Team Building & Leadership and Emotional Intelligence, for officers of the Government of India and its Attached and Subordinate Offices and Public Sector Undertakings (PSUs). Further, a few sessions on stress Management and Interpersonal Skills are kept in various Cadre Training Plan and Mid career training courses."

(ii) Further, Department of Personnel and Training has launched a Yoga training scheme w.e.f. 01.04.2015 in association with Morarji Desai National Institute of Yoga, New Delhi for the benefit of Central Government employees and their dependants. The training sessions are conducted in Samaj Sadans of Grih Kalyan Kendra and Central government offices premises at 28 locations in Delhi and 12 Samaj Sadans of GKK located outside Delhi.
The Yoga Training Sessions have proved beneficial to the Central Government employees and their dependents in combating physical and mental stress and in improving overall health and wellness.
An amount of Rs.2.00 crore has been earmarked for the year 2016-17 for conduct of Yoga training session.
(iii) The Department has also launched a Scheme for promotion of Adventure Sports and similar activities amongst Central Government Employees working in the Ministries/Departments. The programme include activities like Trekking, Mountaineering, Rock-Climbing, Skiing, Rafting etc.. Such activities help not only inculcating environmental awareness and team spirit but also in combating stress.
An amount of Rs.25 lakhs has been earmarked for the year 2016-17, in this regard.
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